



First Aid for Eye Injuries

- Prevention is always the key to safety.
- Always wear eye protection for all hazardous activities, stock a first aid kit with a rigid eye shield and commercial eyewash before an eye injury happens.
- NEVER assume that any eye injury is harmless.
- When in doubt, see a doctor immediately.

Foreign Object in The Eye

- Don't rub your eye, try to flush it out with clean water or saline solution.
- Don't try to remove an object that's imbedded in the eyeball.
- >Don't try to remove a large object that makes closing the eye difficult.

Chemicals and Chemical Burns to the Eye

- Don't rub the eye!
- Immediately flush the eye with water.
- Keeping the eye open and as wide as possible hold the eye under a faucet or shower, or pour water into the eye using a clean container. Continue flushing for at least 15 minutes.
- If a contact lens is in the eye, begin flushing over the lens immediately. This may wash away the lens.

Blows to the Eye

- Without putting pressure on the eye, apply a cold compress to the eye.

Cuts and Punctures of the Eye or Eyelid

- Don't wash out the eye with water or any other liquid.
- Don't try to remove an object that is stuck in the eye.
- Cover the eye with a rigid shield without applying pressure.
- See a doctor at once.

If you experience continued pain, redness, vision problems, or feeling that something is still in the eye after the object is removed you should seek medical attention. This information is not intended as a substitute for professional medical advice, emergency treatment or formal first-aid training. Don't use this information to diagnose or develop a treatment plan for a health problem or disease without consulting a qualified health care provider. If you're in a life-threatening or emergency medical situation, seek medical assistance immediately.

